

*Westport Center for*  
**Senior Activities**

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## NEWS AND UPDATES FROM THE WESTPORT CENTER FOR SENIOR ACTIVITIES

*Dear Friends and Participants:*

*Registration continues for the Spring semester (April – June) and classes are filling up quickly! We are actually trying to add additional Functional Fitness classes, as many of them have already been filled. As classes are added, the [Spring Course Catalog](#) will be updated. We are so pleased that you are all coming back and are taking advantage of our beautiful fitness center.*

*I know many of you follow the UCONN Huskies women's basketball team as much as I do. They kick off March Madness this weekend with a game on Saturday at 1:00 PM. If they win, they play again on Monday. Let's wish them luck as they begin their journey to the Final Four!*

*Please continue to pray for peace,*

***Sue***

*Sue Pfister, Director and the WCSA Team,  
Denise, Felicia, Holly, Jason, Paulina, Ben and Bobbie*



## UPDATE FROM GOVERNOR LAMONT



Please click [here](#) to read the most recent press release from Governor Ned Lamont regarding the State of Connecticut's Coronavirus Response Efforts.

## UPDATE FROM FIRST SELECTWOMAN, JENNIFER TOOKER



**WESTPORT**<sup>MA</sup>

Please click [here](#) to read the most recent press release from First Selectwoman Jennifer Tooker regarding Resident Traffic and Safety Meetings.

## REGISTRATION FOR THE SPRING 2022 SEMESTER HAS BEGUN!

**PLEASE NOTE:** Registration for the new Spring 2022 semester began Monday, March 7 for Westport residents, and Monday, March 14 for out-of-town residents.

The Course Catalog for the new Spring courses is available in the link below, on our website and at the WCSA!

Check out our [Spring 2022 Course Catalog](#), the [2022 Fitness Waiver](#), and other helpful documents including our March monthly lunch menu, as well as, additional information here and on the WCSA [website](#).

For step-by-step instructions on how to register on MyActiveCenter, please click [here](#).



## SPECIAL PROGRAMMING AT THE WCSA

Our program staff has developed monthly flyers for our



### special programs!

The monthly flyers feature up-to-date information on a variety of discussion groups, history lectures, culinary demonstrations, nutrition information, hearing and blood pressure screenings, writing classes, and more! For the March flyer, please click [here](#). The monthly flyers can also be found on our WCSA [website](#).

## WCSA RECURRING PROGRAMS AND FEATURES



### Exercise with Patty Kondub on TV Channel 79 Every Friday!

Join Patty on Westport Public Access TV Channel 79 (Optimum) and Channel 6020 (Frontier) for a workout to music with chair and standing exercises, balance, brain building, memory games and posture exercises. Weights or cans and a pillow may be required. **Fridays from 10:00 to 11:00 AM. Cost: Free.**

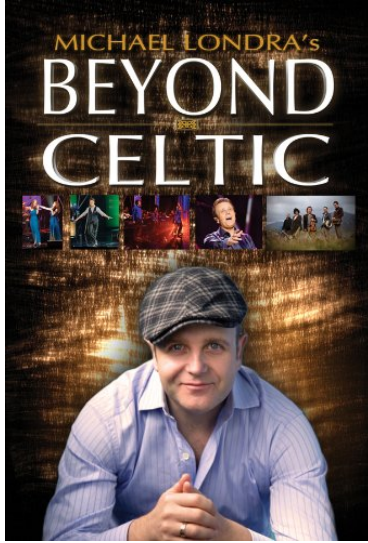


Note: Westport Public TV Access Channel 79 broadcasts to Westport households only. Out of town seniors can watch Patty's program on the Westport town [website](#) on Fridays at 10:00 AM.



### March 23 Documentary: Michael Londra's 'Beyond Celtic'

Beyond Celtic will take you on a journey beyond your seat and into the heart of Ireland's musical culture. Led by Ireland's Michael Londra, Beyond Celtic is a brilliant, live variety musical performance like none other recreating music from around the world with Celtic inspiration. Different from any Irish musical performance in the past, Beyond Celtic features Londra's 16-piece Orchestra, Irish Legend Frankie Gavin and his Celtic supergroup De Dannan, the musical sisters of Sephira and some of the top Irish dancers in the world. **(60 min.)**



The film will be shown on Wednesday, March 23 at 2:30 PM. For more information on this and the other March documentaries, please click [here](#).

Pre-register online at [MyActiveCenter.com](http://MyActiveCenter.com) or by calling the WCSA at 203-341-5099.

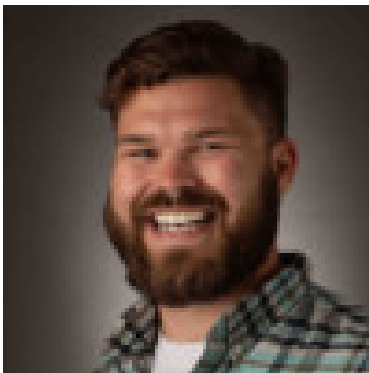


### **BINGO is at the WCSA - Thursday, March 24!**

The WCSA is offering BINGO live at the WCSA next Thursday from **1:15 to 2:00 PM**. **Cafe lunches will be served at Noon in Sue's Café five days a week, with a suggested donation of \$5.00 to \$7.00.** Please call 203-341-5099 to reserve your lunch at least 24 hours in advance. **To view the cafe lunch menu for March, please click [here](#).**

**PLEASE NOTE: BINGO is played in-house at the WCSA. Bingo Cards: \$.05 cents each per game. Please remember to bring your own change!**

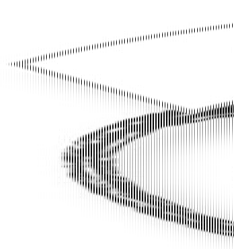
## **UPCOMING PROGRAMS**



### **Friday with Friends Magic Show!**

Chris Lengyel is a one-of-a-kind magician/illusionist who has performed his show "Nothing Up My Sleeves" at venues all over the east coast of the United States. He has headlined theaters and festivals for the last 15 years and performed for the likes of Penn and Teller, and Impractical Jokers. **Friday, March 18. Time: 1:30 to 2:30 PM.** Pre-registration is required online at [MyActiveCenter.com](http://MyActiveCenter.com) or by calling the WCSA at 203-341-5099.





A registered nurse from Visiting Nurse & Hospice of Fairfield County will be at the WCSA for free blood pressure, depression screenings, medication management and to answer any other questions you may have. **Tuesday, March 22. Time: 9:30 to 11:30 AM. Please call the WCSA at 203-341-5099 to make an appointment.**

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### **Under Four Reigns: Catherine Duchess of Suffolk and the Tudor Dynasty**

Historian Mona Garcia will discuss the life of Catherine, Duchess of Suffolk. Her life spanned the reigns of Henry VIII, Edward VI, Mary I, and Elizabeth I. As the wife of Charles Brandon, Duke of Suffolk (Henry VIII's best friend), and as the friend of Catherine Parr, Henry VIII's sixth wife, her life intersected that of the Tudor Dynasty. Please join us as we explore the life of Catherine, Duchess of Suffolk, who was more than a passive observer of the turbulent Tudor era. **Wednesday, March 23. Time: 1:30 to 2:30 PM. Pre-registration is required online at [MyActiveCenter.com](http://MyActiveCenter.com) or by calling the WCSA at 203-341-5099.**

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### **Friday with Friends Concert with Lawrence Coleman**

Lawrence Coleman is an acoustic guitarist and vocalist performing as a "one-man-band". His musical repertoire spans everything from the jazz standards of the 30's and 40's to the Rat Pack era, Elvis Presley, and right through to the pop hits of the 60s and 70s. **Friday, March 25. Time: 1:30 to 2:30 PM. Pre-registration is required online at [MyActiveCenter.com](http://MyActiveCenter.com) or by calling the WCSA at 203-341-5099.**

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### **AARP Smart Driver Course Returns!**



This four-hour course will review trends and safety tips pertinent to older drivers. Upon successful completion, you will receive a

certificate that entitles you to a discount on your car insurance. **The course will meet at the Westport Center for Senior Activities on Friday, May 6 from 9:00 AM to 1:00 PM. To register, please contact the WCSA at 203-341-5099. Cost: \$30.00 for non-members and \$24.00 for AARP members.**

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### **"Ask Kaila" - Tuesdays and Thursdays at the WCSA**

Social Worker, Kaila Morgan, MSW, for Town of Westport Department of Human Services, will be at the WCSA on **Tuesdays and Thursdays from 8:30 AM to 4:30 PM** to offer assistance and resources regarding community services, as well as, potential state, federal and town benefits. Feel free to stop by with your questions or to say hi. Before coming to the Town of Westport, Kaila worked as a Care Manager at the Agency on Aging, provided crisis and social work interventions in an emergency hospital setting, and served as a paraprofessional at Fairfield Public Schools. She has experience providing in-home services to families, providing clinical support to various clients to encourage self-sufficiency and independence, counseling, functional and financial assistance assessments, and developing care plans. Kaila graduated from Fairfield Warde High School, received her Bachelor of Science in Psychology from Sacred Heart University, and a Master's degree in Social Work at Southern Connecticut State University.

**PLEASE NOTE: Kaila will not be at the WCSA March 22, 24, 29, 31, April 5 and 12.**



### **Learn to play Billiards with Russ Levine!**

Even some experienced pool players might not know that what we perceive as billiards today evolved from an outdoor French court game like cricket. Through some tedious simplification process, a table version of this game was introduced somewhere around the 15th century. Local pharmacist, Russ Levine wants to share his passion for pool! **Russ will be here on**

Thursdays from 2:30 to 3:30 PM. Please register 24 hours in advance by calling the WCSA at 203-341-5099.



## THURSDAY Tech Club

Are you confused about your tech device? Our Tech volunteers will assist with your computer tech questions such as signing in, password re-set, downloading and uploading files. **Volunteers are available for half-hour appointments on Mondays (beginning April 4) from 3:30 to 4:30 PM and Thursdays from 3:15 to 4:15 PM. For an appointment, please call the WCSA at 203-341-5099. These are NOT walk-in classes.**



## New Programs On The WCSA YouTube Channel!

Check out some of our most recent programs on our YouTube Channel, including Christine Hauck's Decorative Arts Lecture on Vera Textiles, "Vaccines A to Z" with Gregory Buller, MD, Cooking Demo with Nutrition Coordinator Paulina Przybysz, Lisa Arnold's presentation on artists Rubens and Vermeer, Westport Museum of History and Culture's "Antique Treasures," and Holly Betts' Baking Demonstrations. To enjoy these videos, please click [here](#).

## COMMUNITY RESOURCES



## Free At-Home COVID Test Kits

Good news! If you already ordered 4 no-cost at-home COVID-19 tests from [COVIDtests.gov](https://www.covidtests.gov), now you can get 4 more at-home tests shipped to you at no charge. Visit [COVIDtests.gov](https://www.covidtests.gov) again to place your second order. As before, just enter your name and mailing address (you can also give your email address if you want status updates on your order). If you haven't yet ordered any at-home tests, you can get a total of 8 tests shipped to your home. You'll just have to place 2 separate orders — each order equals 4 tests. At-home tests, or "self tests," give rapid results and can be taken anywhere, regardless of your

vaccination status or whether or not you have symptoms. [Visit CDC.gov](https://www.cdc.gov) to learn when to test yourself, how to use an at-home test, and what your test results mean.

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### **Medicare Fraud Warning for Seniors and the Disabled**

The Senior Medicare Patrol (SMP) Program helps Medicare beneficiaries and their caregivers detect, report and protect themselves from Medicare fraud and abuse. As you know, scammers take advantage of current conditions, whether good or bad, to get personal information from seniors and the disabled.

**Currently, there has been an increase in this attempt through the offer of fake COVID-19 testing kits.** Make sure to purchase FDA approved COVID-19 test kits from legitimate providers. Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. For more information regarding the at-home COVID test kit scam, please click [here](#).

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### **Free Tax Return Preparation From AARP/VITA/IRS Certified Volunteers!**

The Town of Westport announces that the no cost, full-service AARP/VITA/IRS Volunteer Tax Assistance Program, with special attention to seniors and low to moderate income households, is again available to the community via on-site personal counseling and virtually through a secure internet site for fiscal year 2021. **On-site tax counseling at the Westport Center for Senior Activities will be available on Wednesdays from 9:00 AM to 4:00 PM and on Thursdays from 12:30 PM to 4:30 PM, through April 15, 2022. Appointments are required and can be made by calling 860-590-8910.** The virtual option can be accessed via <https://simplifict.org>. For additional information on the free tax return preparation program, please click [here](#). To read the Town of Westport's official press release on the free tax program, please click [here](#). For information on earned





income tax credit, child and dependent care credit, stimulus payments, child tax credit and tax prep assistance, please click [here](#).

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## The Downsized Gourmet

Susan and Paul Doyle of Oasis Senior Advisors bring you a cooking demo via Zoom to solve the problem of how to enjoy cooking on a smaller scale. Learn to prepare easy and tasty dishes from the comfort of your own home. **Monday, March 21 at 3:00 PM.** For more information on this program, and for the Zoom link, please [here](#).

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## The Westport Book Shop

**Did you know downtown Westport now has a used book store?** Westport Book Shop, downtown Westport's only non-profit source for previously read, greatly appreciated books -- including large print books, and hard-to-find out of print and antiquarian books, as well as, audio books, CDs, DVDs and vinyl records -- is located at **23 Jesup Road**, right across Jesup Green from the Westport Library. The Book Shop is operated by Westport Book Sale Ventures, Inc., a nonprofit whose mission is to provide meaningful employment for adults with disabilities, while raising funds for the Westport Library, through used book sales. In addition to the Book Shop, it also runs the Westport Library book sale events. **The next big Book Sale Event is coming soon! Friday April 29 through Monday May 2, 2022, at the Westport Library.** In addition to shopping, consider volunteering -- there are many volunteer opportunities in the Book Donation Center, at the Westport Book Shop, and at the Book Sale Events. For more information, visit [www.westportbooksales.org](http://www.westportbooksales.org)

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## Live Well "Manage Your Chronic Pain" Workshop

Sponsored by the Department of Aging & Disability Services and the South Western



"It's Your Life...Live it Well"

Connecticut Area Agency on Aging, this 6-week **virtual workshop via Zoom** will teach you how to better manage your chronic pain and ongoing health condition. **Thursdays, March 24 through May 5, 2022. Time: 10:00 AM to 12:30 PM.** To register for this program, please contact Cathy at [cgrosshart@swcaa.org](mailto:cgrosshart@swcaa.org) or Carley at [carley.taft@ncaaact.org](mailto:carley.taft@ncaaact.org). For additional information on this LiveWell program, please click [here](#).